



September 2003

President's Message

On behalf of the Coast Guard Spouse's Association, I'd like to wish a warm ALOHA to all of our newcomers. I hope you are adjusting well to your new home in paradise. I know how difficult moving is and it's more so in Hawaii when you are so far from family and friends. I'd like to take this opportunity to extend an invitation to join the Spouse's Association. We are a diverse group and try to provide a variety of activities for our members. We hold charitable activities, as well as fun activities for adults and children. We are in the process of planning some unique "spouse's nights out" as well. In my own experience, I have found that belonging to the Spouse's Association provides support and information on many fronts. I have received great information on preschools, beaches, hiking trails, even a good hairstylist! In turn, new members bring fresh ideas and talents. We've all lived in many places and have much to offer each other. I hope you'll consider being part of our ohana (family).

A special thanks to all who have worked so hard this summer to get the club organized for the coming year.

Tricia Boston and **Susan Waters** have done a great job preparing and delivering Welcome Bags. If you are new or know of someone new to the island who has not yet received a bag, please contact either of these women (Tricia—phase 2—834-5753 and Susan—phase 1—833-3473).

DeAnne Bardell has been busy planning the Annual Welcome Tea at Diamond Head Lighthouse. This is a wonderful event and we look forward to seeing newcomers and our returning members. A big Mahalo to **Admiral and George Ann Wurster** for allowing us to use their beautiful home.

Thanks to all who helped with the July 3rd celebration and the Coast Guard Day Picnic. Finally, thanks to those of you who have volunteered to fill board positions. You make my job easy. We have a great group of spouses and I'm proud to be part of it. Together we can make this a special club.

Treasurer's Report

Our current checkbook balance is \$2,763.07. We have changed banks. Currently we are at Hawaii USA Federal Credit Union. As a benefit, any of our members are entitled to open a personal account with them.

Lunch Bunch

Hey everybody! Lunch Bunch is back on with our new leader, Julie Dostie! Julie has planned to get together at Indigo's for lunch on the 25th of September. Interested? Give her a call at 833-2221 so she can include you in the reservation. Sounds like a fun time, just take it easy on those discounted martinis!

We Want Your Stuff

Are you cleaning out closets? Unpacking? Have you come across toys and items you don't want or no longer need? Well we've got some suggestions for you.

The **Red Hill Elementary School** PAT store is looking for donations of gently used toys and games. The PAT store (Positive Attitude Tickets) provides incentives for children, Kindergarten through Third grade. Students earn PAT Tickets for good behavior, citizenship and responsibility. Please call Rachel Diehl at 833-5468 if you have donations. We appreciate your generosity.

Our **Annual Charity Auction** will be in the Spring. If you have a White Elephant item that others might be interested in (pictures, craft items etc.) please consider donating them for the Auction.

Welcome Tea

All CG Spouses are invited to our annual Welcome Tea taking place on the lawn of the admiral's quarters, Diamond Head Lighthouse, located at 3399 Diamond Head Rd. **The tea will be held from 2-4 PM on Sunday September 14.** If you're wondering what to wear, aloha attire is fine.

Please RSVP by **Sept. 7th** to **DeAnne Bardell** at **455-4160** or email her at **bardellf001@hawaii.rr.com**. When you call, please indicate if you are a Kama'aina (have been here over a year) or a new person. If you are a Kama'aina, please bring a pupu or dessert to share. Parking is limited so please try to carpool, also make sure not to leave valuables in the car. There have been theft problems in the area. You also may want to consider wearing flats rather than heels so you don't risk sinking into the grass. Lastly, don't forget your membership form and a checkbook as we will have our scholarship cookbooks for sale.

This tea is relaxed, informal and a lot of fun. It's your chance to sign up for all the great activities we hold through the year and meet new people and possibly friends from past locations. Come join us! You'll be glad you did.

Membership Meeting

Our next board meeting will be **Wednesday September 10 at 7 PM** at **Linda Wilson's home** (834-3460). Linda lives at **1301 Bear Cir.** on Phase 1 of Red Hill. All our Board Meetings will be held on the second Wednesday of the month.

Remember, board meetings are for all our members. We encourage everyone to come and join us. Just please make sure you RSVP with the hostess so she is sure to have enough goodies (and chairs) for everyone. Hope to see you there!

Member Columns

I'm very excited about a new addition to our newsletter this year. I put out a request to our members for article topics and experts to write on those topics. I was pleasantly surprised by the interest of so many to volunteer their wealth of information and share it with you. We have four volunteers writing columns this year and they will rotate and be featured each month.

Kym Long-Wallace has a BA in Exercise Science and a MA in Health Education. She has spent 19 years teaching a variety of fitness and exercise classes. Kym teaches aerobics at the Red Hill Community Center and she will contribute a column to health and fitness.

Edna Magpantay-Monroe is another of our members and past president of our club for the last two years. How many of you knew Edna was a nurse? She is licensed as both an RN and APRN (Advanced Practice Registered Nurse) for the state of Hawaii and has a Masters of Science. Edna will be writing an article on a specific health issue.

Many of you know **Caeleigh Villareal**. Caeleigh is the ombudsman for the Walnut and recently lost 40 lbs through a regimen of diet and exercise. Each month Caeleigh will feature a recipe that she particularly enjoyed and found helpful during her weight loss experience.

Finally, we have a tax expert, **Diane Sandlin** who will write on tax issues. Diane has been a licensed CPA and CMA for the last ten years. She is licensed in Virginia and Hawaii and specializes in a variety of areas including military tax issues. Her column will be featured in January and February's issue to help prepare you for your 2003 taxes.

Look for those columns in upcoming editions of Tradewinds.

Coastie's Closet

Please help spread the news - the Coastie's Closet is up and running! With much help from **Jamie Berg and children** and the queen of organizing, **Susan Waters**, we have newborn - age 3 clothes, toys and furniture items available at no charge to needy CG families. The closet is located in the Red Hill Community Center next to the MWR ticket office.

A special request for baby hanger donations is being made at this time. There are many outfits that need to be hung up and only a few hangers with which to do so. Please contact Lori at 831-2751 or Susan at 833-3473 with questions or donations

Fisher House News

Hi Everyone! Welcome back from vacation, and if you are new to the islands, ALOHA! The spouses association might have been on summer break, but some very dedicated ladies were hard at work providing meals for the residents of Fisher House.

A great big MAHALO goes out to the following gals who donated their spare time and cooked some fabulous food: The May meal was prepared by the wives from Wailupe; **Jackie Angert, Pam Ratti, Stella Britten-Wiltshire, Maureen Skuby** and **Michelle Jennings**. The June chefs were **Terri Yenz, Maureen Shivery, Julie Dostie, Annette Diehl** and **Lori Ulsh**. July was provided by **Terri Yenz, Le-Thu Lodge, Julie Dostie, Melissa Hartnett** and **Amy Heaton**. Finally, the August food was made by **Melissa Hartnett, Rachel Diehl, Teri Butler, Lori Ulsh** and **Linda Wilson**. We can't thank these awesome women enough!

The cooks for September have yet to volunteer. **Maureen Shivery** and I will be at the Welcome Tea with a sign-up sheet, as well as information about other volunteer opportunities at Fisher House. We hope to see all of you there and get lots of new volunteers for the upcoming year.

For those of you who have never heard of Fisher House, it is a “home away from home” for families and patients receiving medical care at Tripler Army Medical Center. It is very similar to Ronald McDonald House. The families served are from all over the Pacific area. The CGSA serves a meal on the 3rd Thursday of each month, and the home cooking is greatly appreciated by the residents who are so far from their own kitchens.

If anyone has any questions concerning Fisher House please contact me, **Melissa Hartnett** at 834-7616 or **Maureen Shivery** at 833-8186. Thank you and we look forward to seeing you at the Tea.

Melissa

Congratulations!

Congratulations to **Marion and Scott Gesele** on their new addition, **Jenna Nicole Kailani Gesele!** Jenna was born on **July 14th, 2003** @ 1:27 am; 8.46 lbs, 20.5 inches. We can't wait to meet her! Marion was our Secretary last year. Congratulations!

2003 Aloha Resource Fair

5:30-8PM Wednesday, 17 September 2003 Red Hill Community Center, next to the Country Store. The Aloha Resource Fair is vital for newcomers and kama'ainas to obtain information regarding aspects of a Hawaiian tour.

Resources include:

**Hawai'i Visitor's Bureau
Honolulu Police Dept.
Financial Assistance
Stress Management
Relocation Assistance
Parenting Classes
Family Child Care Info
Space A Travel
Health and Fitness Demos
Health Care
Legal Assistance
Housing Assistance
Youth Activities**

All will share a fun and informative evening. There will also be several civilian resource providers sharing continuing education opportunities. For more info call 541-1583/0.

Free clown entertainment for the kids with magic show, balloon animals and face painting.

Area Community Theatre

Here's a list of the seasons of some of the local theatres in town. **Army Community Theatre** is the first group to present a show this season with *Gypsy* starring local celebrity Shari Lyn. ACT is located at Richardson Theatre right on Fort Shafter. The theatre holds 808 seats so you don't have to usually worry about them selling out. All ACT shows start at 7:30 PM while most other theatres begin at 8. ACT shows run every Friday and Saturday night beginning with *Gypsy* from Sept. 5-20. Adult tickets are \$17 and \$14 and children's prices are \$10 and \$8. Box office hours are from 10AM—2PM M-F. You can call the box office at 438-4480 or 438-5230.

The rest of ACT's season is as follows: *Man of LaMancha* Nov. 14-29, *Kiss Me Kate* February 27– March 13 and *Camelot* May 14-29.

Another popular theatre in town is **Diamond Head Theatre**. DHT is located at 520 Makapuu Ave. right next to Kapiolani Community College. This theatre is smaller and almost all their productions sell out. It is wise to purchase your tickets early. The prices range from \$10—\$40 with a \$5 military discount on the \$20 and \$30 seats. Box office hours are from 10-6 PM M-F and the number is 733-0274. DHT's season begins with the recently released smash musical, *Ragtime*. Three of the performers will be from the Broadway tour of the show with local performers filling out the rest of the cast. *Ragtime* runs Thursday, Friday, Saturday and a Sunday 4 PM matinee beginning September 26–October 12. The rest of the season is as follows; *Peter Pan* December 5-21, *Amadeus* February 6-22, *Swing! The Musical* March 25-April 11, *Hello Dolly!* May 21-June 6 and *Jesus Christ Superstar* July 16-August 1.

The other main theatre in town is Manoa Valley Theatre. MVT presents shows that are not usually well known. If you like to try a little something different, MVT could be just for you. MVT is located at 2833 East Manoa Rd. MVT is another small theatre and they often sell out so get your tickets early. Tickets are all \$25 and the seats are all general admission. You can call the box office at 988-6131. Some shows are at 7:30 while others begin at 8. Check with the box office when purchasing tickets. Shows run Wed.—Sunday. MVT starts out their season with *Batboy the Musical* September 10-28, *Apartment 3A* (comedy/drama) Nov. 19—Dec. 7, *Scotland Road* (mystery) January 14-Feb. 1, *Copacabana* (musical) March 10-28, *Gunfighter* (drama) May 19-June 6, *The Underpants* (Farce) July 14-August 1.

There are many other theatres in town, but these are the main stages. Keep an eye on the newspaper for other offerings in the theatre world..

Membership Directories

Kristy Huntz is hard at work creating our membership directories. So she can get these out ASAP, we request that you submit your membership forms to Kristy (2018 Welcome Pl.) by **October 1st**. You can join at any time of the year, but if you want to be included in the directory, you must meet the deadline. Thanks!

Coast Guard Backpack Project

We just wrapped up a successful Back to School program by putting together backpacks for Coastie Kids. Special thanks go out to my assembly crew - **Annette Diehl, Susan Waters, Christy Brymer, Nancy Spillman, Jeremy** and **Kaitlyn** for their help in loading up the school supplies for the 34 Coast Guard children who were beneficiaries of the annual project this year. A total of 21 CG families in need applied and received supplies for the 2003 school year. Mahalo to **Mary Mansfield** and the Work Life staff members who helped coordinate the project with CGSA.

Lori

JWC

Keep your eyes open for registration forms beginning Sept. 2nd. Forms will be available at the RHCC, the Country Store, ISC MWR, and the CG Exchange, or you may download a form on-line at www.JointWomensConference.org. The sooner you mail in your registration, the better the chances you will be attending your top workshop picks. We are still looking for volunteers to sign up to hostess workshops - this is an automatic guarantee you will attend one of your top workshops choices. Please contact Stella Wiltshire at 373-4298 or Lori Ulsh at 831-2751 for more information.

Lori

Cookbooks are Here!

Cookbooks are still on sale and available for purchase at \$18 a piece. The proceeds will go towards a scholarship for a CG spouse.

This cookbook project has been in the making for about three years now. Kudos to **Edna Magpantay-Monroe** for putting it altogether and setting up the idea for a scholarship. Please support this plan by buying our cookbook. We will have them available at the Welcome Tea and at all of our functions throughout the year.

Website

For those of you who haven't heard, our website is up and running! **Mark Racimo** at the ISC has designed the site and is very prompt about putting up new information. Anything you would like to include on the website should be sent to me (Jamie) and I will pass it along to Mark. Almost anything that is pertinent to our club can be included. What can you expect to find on our site? Lots of pictures, a welcome message from Rachel, monthly issues of Tradewinds, minutes of each board meeting, our membership form, information on the cookbooks for sale, a list of our activities through the year and much more! Visit us at www.uscg.mil/mlcpac/ischon/cgsa/index.htm Each month you will find this address on the front page of Tradewinds and on the calendar page. Go ahead and check it out and then set a bookmark. Everything you need will be just a keystroke away!